CLAIMS

1.   A method for determining the degree to which a user complies with a health maintenance program, comprising:

(A)   providing a plurality of prevention elements;

(B)   weighting the prevention elements relative to one another;

(D)   determining to what extent the user complies with each prevention element; and

(D)   determining an overall preventative maintenance score for the user based on the extent to which the user complies with each prevention element.

2.   The method of claim 1, wherein more heavily weighted prevention elements impact the overall preventative maintenance score more than less heavily weighted prevention elements.

3.   The method of claim 1, wherein the health maintenance program is directed to the prevention of a particular disease.

4.   A method for providing health maintenance advice, comprising:

(A)   receiving a subscription from a user;

(B)   sending a health maintenance program to the user without receiving any personal health information from the user, wherein the health maintenance program includes multiple versions; and

(C)   permitting the user to select from the multiple versions a version that is customized to the user according to the user's personal health information.

5.   The method of claim 4, further comprising receiving certain non-private information from the user, and step (B) includes sending the user a particular health maintenance program based on said non-private information.

6.   The method of claim 5, wherein the non-private information includes at least one of age and gender.

7.   The method of claim 4, wherein the user's personal health information includes at least one of lifestyle habits, family history, physical state, mental state, and symptoms.

8.   The method of claim 4, wherein the multiple versions include a basic, intermediate, and aggressive version.

9.   A method for providing personalized advice via a website, comprising:

(A)   receiving a subscription from a user via a website;

(B)   sending an advice program to the user, the advice program including an identifier corresponding to the program sent to the user, and questions and answers calling for personal information from the user, wherein no correlation between the user and the identifier is kept by the website;

(C)   providing a scoring webpage for the user, wherein the identifier is used

to determine the particular advice program sent to the user, and the user is

prompted to enter its answers on the website; and

(D)   generating personalized advice for the user according to the user's

answers.

10.   The method of claim 9, wherein step (C) includes the use of an answer

key in which the text of the answers is not shown.

11.   A method for providing personalized advice via a website, comprising:

(A)   receiving a subscription from a user;

(B)   sending an advice program to the user, the advice program requiring

the user to answer certain questions, the answers to which are used to generate

personalized advice to the user;

(C)   providing a webpage for receiving the user's answers, wherein the

webpage cannot be effectively utilized without having the advice program; and

(D)   generating personalized advice for the user according to the user's

answers.

12.   A method for providing health maintenance advice, comprising:

(A)   sending a plurality of health maintenance programs to a user, each

health maintenance program including a plurality of prevention elements; and

(B)   informing the user as to one or more conflicts between prevention elements from different programs.

13.   The method of claim 12, wherein one or more conflicts include a prevention element that is a potential benefit for one health maintenance program while a negative for another health maintenance program.